



LEARNING STYLES AND STRATEGIES



Learning Styles and Strategies for Effective Learning

Courses in higher education institutions are courses designed to prepare students for their future professions and should therefore aim to encourage students to learn. Effective learning methods vary from person to person and age group. Studies have proven that the method used in learning is as effective as the effect of intelligence on learning. Some learn better by **writing**, some by **seeing**, some by **experience**, and some by **hearing**.

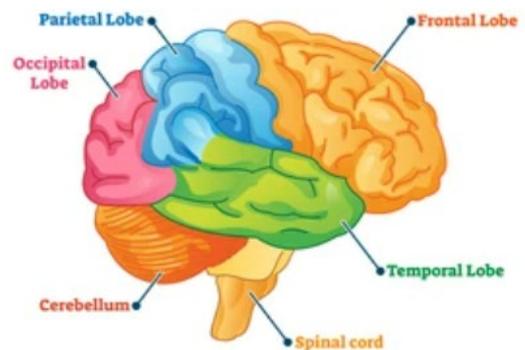
The four core learning styles in the VARK model include *visual*, *auditory*, *reading and writing*, and *kinesthetic*.

Visual Learning



People who learn visually learn more easily with **more shapes, visual materials, memorabilia photographs** and **cartoons**. They can work more easily with the listing method and **diagrams** and be more successful in learning.

Diagrams: Diagram is a graphic representation used to explain the relationships and connections between the parts it illustrates. There are many subcategories of the broader term 'diagram', which are distinguished by the elements they incorporate or their overall topic.





Color Coding Your Notes: Color-coding is a dynamic method to memorize and remember the information that you need to learn. Color-coded notes are beneficial in revising and reviewing important information. Using bright colors helps you focus your attention and go through points that are of priority.

Preparing / Using a Infographics: Infographics can help people understand complex concepts by using visual aids such as charts, graphs, or diagrams. They can use both images and text in a visual format to explain concepts. They are often used for marketing purposes but they can be useful when writing articles or sharing research too.



Watching Videos: Video simplifies learning. It is a tool for powerful storytelling and delivers high value and impact. When learning is too conceptual and not grounded in real world experience, many learners find motivation in short videos. The benefit of videos is that they not



only simplify concepts by visualizing them, but they also show learners how something works in the real world. Also, videos give you the feels. When you're reading text, your brain is busy reading, but when you're watching a video, your brain is busy feeling.

What's great about feeling something is that it's a perfect engagement method for people to learn something (Christiansen, 2011). Research has shown that 83% of human learning takes



place visually. It stands to reason that video learning is a more efficient use of time, especially for an audience with a short attention span.

Some helpful tools for Visual Learners

The logo for Kahoot!, consisting of the word "Kahoot!" in white, bold, sans-serif font on a purple rectangular background.

You can ask your instructor to create a quiz or you could create quizzes by yourself.

The logo for Quizlet, featuring the word "Quizlet" in a blue, rounded, sans-serif font.

You can create yourself flashcards while studying to play with them later on.

The logo for miro, with the word "miro" in a lowercase, dark blue, sans-serif font.

You can develop creative ideas with the help of sticky notes, pictures, mind maps, videos, drawing tools and more.

The logo for Canva, with the word "Canva" in a light blue, cursive-style font.

You can create infographics, mind maps, videos

Auditory Learning

Auditory learners have a **strong auditory memory**. They can **easily learn what they listen to**. They can learn by **recording** what they need to learn and listening to it whenever they want and they can increase their permanent learning, especially by **listening before going to sleep**.

The following methods may probably be best for auditory learners.

- Group study
- Discussing materials
- Explaining concepts to one another
- Reading notes out loud
- Recording their own voice and listening to it later on
- Podcasts



- Audio books
- Recording the class (with permission)
- Joining Q&A sessions
- Following guest speakers
- Using rhymes to help memorization

Some helpful tools for Auditory Learners

 **NaturalReader** The application is designed to read text that is stored in your computer.



This website is a great place to search for free podcasts by subject. Users can also search by country, region, city, language and popularity level.

Reading and Writing

Sometimes referred to as the **second visual style**, reading and writing is a type of learning during which people prefer to read and write in order to learn more effectively. These learners are known as “read and write learners” and usually learn best by reading and writing the information down. They are the people who always **add notes to pictures**, choose a **hardcover book** over an audiobook, and prefer using **closed captions while watching videos**. Their learning process consists of a combination between reading and writing, by **reading to understand** and **note-taking to learn**. They may have problems grasping the information presented to them by other means such as lectures or pictures, as they are more comfortable with written words. Read and write learners typically choose **textbooks, articles, handouts**, and **notes** as their primary source of learning information. They also enjoy learning from reference materials like **dictionaries** and **encyclopedias**.



Kinesthetic Learning

Kinesthetic learners learn much more easily through **bodily movements** and **animation**. They learn more easily by **doing things** and **experiencing**. It can be said that they are especially successful in activities such as **dance** and **theatre**. Hands on experiences can help them to internalize and understand certain topics.

If one or more of the following items apply to you, you are perhaps a kinesthetic learner.

- Finding yourself reviewing the material, or studying while you are walking around
- Needing a break to release your energy while studying
- Preferring lab assignments over writing/reading assignments
- Preferring not to sit still
- Loving to do things rather than reading about them
- Enjoying problem solving by doing
- Talking with hands or gestures

According to research, people remember 10% of what they read, 20% of what they hear, 30% of the information they see, 50% of what they see and hear, 80% of the information they see, hear and say and they remember 90% of the information they see, hear, say and touch (Dancer & Morrison, 2012). Therefore, learning methods work **much better when used together**.



References

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Further Reading and Resources

- [The VARK Questionnaire – How do you learn best?](#)
- [What kind of learner are you? - The 4 different learning styles](#)
- [Learning Styles & Multiple Intelligences: Theory Integration](#)
- [Discover Your Learning Style - Comprehensive Guide on Different Learning Styles](#)
- [What are the 7 different learning styles and do they work?](#)